



March 3, 2009

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### ***Healthy Hometown Advisory Council Meeting is this Friday***

**Join us for the next Advisory Council Meeting, March 6<sup>th</sup>, 10:00 am at the Forum of the Health Department. We will;**

- Preview the winners of the 2009 HH Worksite Wellness Award
- Meet members of the Robert Wood Johnson Foundation National Project Team for the Healthy Kids, Healthy Communities Grant
- Present the new Policy Portfolio of the *Partnership for a Fit Kentucky*

**Please RSVP to [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov). See you there!**

### ***Hometown Worksite Wellness Awards To Be Announced at GLI Event, March 10th***

Mayor Abramson will officially present the 2009 Worksite Wellness Awards at GLI's Annual Awards Event, March 10 at the Kentucky Center. Awards will be presented in each of three categories; small (1-249 employees), medium (250-999) and large (1000+). Each winning company receives a beautifully designed glass trophy from Flame Run Galleries.

### ***Healthy Hometown Mini-Grant Process Has Changed***

In order to put the HH mini-grant program on the same schedule as Louisville Metro's External Agency Fund. **HH mini-grant applications will now be available online in late spring/early summer and awarded funds will be distributed after the first of the fiscal year, July 1, 2009.** We will continue to update you as specific dates are scheduled and announced. Don't miss the opportunity to apply for these important grants which can help to develop or enhance your organization's community health and wellness programs.

### ***Healthy in a Hurry Cornerstore Initiative Launched in Smoketown and California***

**Louisville's Healthy in a Hurry Cornerstore initiative is now underway!** The Smoketown Dollar Plus on South Preston Street stocks fresh fruits and vegetables at an affordable price and **Shorty's on Dixie Highway in the California neighborhood had its grand opening on March 2nd!** The project "grew" out of the Food Security Task Force with the YMCA and Center for Health Equity leading the initiative. The MHHM's newly merged Food in Neighborhoods Committee will continue this work as part of the Healthy Kids, Healthy Communities grant funded by the Robert Wood Johnson Foundation. **Support the initiative by purchasing your fresh fruits and vegetables at one of the Healthy in a Hurry cornerstores today!** For more information, contact Mike Bramer ([mbramer@ymcalouisville.org](mailto:mbramer@ymcalouisville.org)) or Josh Jennings ([joshua.jennings@louisvilleky.gov](mailto:joshua.jennings@louisvilleky.gov)).

### ***Mayor's Miles Tracking Through the City***

As part of the implementation of the Mayor's Healthy Hometown Community Walkability Plan, Mayor's Miles are continuing to pop up throughout the city. There is a new Mayor's Mile located at the University of Louisville Hospital on Jackson Street which loops behind the hospital and around Logan Street. Another Mayor's Mile is at the Reservoir on Frankfort Avenue. Metro Parks is updating the signage on three Mayor's Miles within their system and adding a fourth. Plans are in development to include Mayor's Miles at several schools in the area. The Mayor's Miles are sponsored by the Louisville Water Company. The Walkability Plan is the result of last spring's Pedestrian Summit and provides a guideline for going forward with pedestrian friendly activities as well as addressing pedestrian issues.

### ***Upcoming Mayor's Healthy Hometown Movement Committee Meetings:***

**All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted.**

<b>Active Living</b>	<b>March 17, 10 am</b>
<b>Food in Neighborhoods</b>	<b>April 6, 5:30 pm at the downtown YMCA</b>
<b>Schools</b>	<b>April 9, 10 am at Gheens Academy</b>
<b>Worksite Wellness</b>	<b>March 12, 8 am at Baptist East Milestone Wellness Center</b>
<b>Step Up, Louisville! Task Force</b>	<b>TBA</b>

**Contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) to RSVP or for more information.**

### ***Healthy Hometown Partner News:***

#### ***First Annual Louisville Food Summit is planned for Spring***

Community Farm Alliance, in partnership with the Food in Neighborhoods Committee of the Mayor's Healthy Hometown Movement, is hosting the **first annual Louisville Food Summit on Saturday, April 11, 9 am-4 pm at Metro United Way, 334 E Broadway**. Register today at: <http://louisvillefoodsummit.eventbrite.com/>

#### ***Trans Fat Free Louisville is now online:***

Metro Council has directed the Department of Public Health and Wellness to assess the health risks of artificial trans fats and to conduct educational campaigns alerting the community of those risks. To assist in the development of the initiative, please visit [www.transfatfreelouisville.com](http://www.transfatfreelouisville.com) and click on "take our survey."

#### ***Bicycling for Louisville Monthly e-News Now Available:***

Bicycling for Louisville, the region's only professionally-staffed charitable bicycle education and advocacy organization, now has its own monthly e-newsletter. The newsletter gives news on the organization's projects and programs, including upcoming bicycling skills and safety courses for youths and adults. To subscribe, go to: <http://www.bicyclingforlouisville.org/newsletter>

**More Mayor's Healthy Hometown Health Tip Posters** are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the **Healthy Hometown** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact [smlcomm@att.net](mailto:smlcomm@att.net) or they can be downloaded from the **Healthy Hometown** website at [www.louisvilleky.gov/mhbm](http://www.louisvilleky.gov/mhbm).

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The *Mayor's Healthy Hometown Movement News* is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all *Healthy Hometown* partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

**To submit information** for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to [smlcomm@att.net](mailto:smlcomm@att.net). Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov).